

-----  
The United States Navy on the World Wide Web  
A service of the Navy Office of Information, Washington DC  
send feedback/questions to [comments@chinfo.navy.mil](mailto:comments@chinfo.navy.mil)  
The United States Navy web site is found on the Internet at  
<http://www.navy.mil>  
-----

Navy & Marine Corps Medical News  
MN-98-18  
May 1, 1998

This service distributes news and information to  
Sailors and Marines, their families, civilian  
employees, and retired Navy and Marine Corps families.  
Further dissemination of this email is encouraged.  
-USN-

Contents for this week's MEDNEWS:  
Headline: Jacksonville dentists move care to squadrons  
Headline: Joint service teledentistry effort improves  
care  
Headline: New baby center offers home-style comfort  
Headline: Tri-service laboratory studies effects of  
directed energy  
Headline: Biological warfare and terrorism medical  
awareness training broadcast  
Headline: TRICARE question and answer  
Headline: Healthwatch: Maintaining a healthy lifestyle  
-USN-

Headline: Jacksonville dentists move care to squadrons  
By CAPT Deidra Flanary, DC, Naval Dental Center  
Southeast

JACKSONVILLE, Fla.--Branch Dental Clinic,  
Jacksonville is moving dental care to its customers.  
Three satellite hangar clinics at Naval Air Station,  
Jacksonville will provide examinations, operative  
dentistry and teeth cleaning for squadrons. Not only  
has the move improved customer service and  
satisfaction; it has also improved the operational  
dental readiness of the squadrons to 93 percent.

Two of these flight line clinics, located within  
hangar complexes, are staffed full time by a dentist,  
hygienist and dental assistant. The third clinic,  
located in another hangar, is staffed on a part time  
basis and supports six helicopter units between  
deployments.

The maintenance hangar clinic provides treatment to  
ten squadrons and 2,000 maintenance support personnel.  
Additionally, in response to squadrons' work shift  
increases, dental has expanded clinic availability to  
thirteen hours, from 7:30 a.m. to 8:30 p.m.

The patrol squadron hangar clinic provides dental care for a training squadron with more than 1,500 personnel. More than half of these people are in a student status and have very restricted schedules for dental appointments. Having the availability of routine dental treatment within their facility minimizes the lost time from their programs.

-USN-

Headline: Joint service teledentistry effort improves care

By LCDR Alana M. Pierce, MSC, Branch Dental Clinic, London

LONDON—Navy, Air Force and Army personnel in England recently joined efforts and brought teledentistry to a patient at the U.S. Navy Branch Dental Clinic, London. Through the cooperative effort, a difficult restorative procedure was completed by teledentistry at the clinic, avoiding a long drive to another clinic for the patient and saving the command valuable TAD funds.

The problem began when CAPT Kenneth Elrod, DC, officer in charge of Branch Dental Clinic, London, was performing restorative crown and bridge work on a patient. During the complex procedure, he determined a prosthodontic consultation would be helpful.

The nearest Navy dental facility was in either Rota, Spain or Naples, Italy, but there was an Air Force prosthodontist at the U.S. Air Force Dental Clinic, at the Royal Air Force Base in Lakenheath, England, which was only about four hours away.

If a telecommunication hookup could be made, time and money could be saved. To make the teleconsult work, the U.S. Army provided Branch Dental Clinic London with the personnel expertise, computer and electronic hookups. With the electronic connection made, digital images of both a three dimensional model and x-rays were sent to the Air Force dentist.

"It was very easy to send the consult," said Elrod. "The Air Force prosthodontist was able to see the pictures very clearly and provided me with his treatment recommendation in literally minutes."

The consult made the branch clinic the first Naval dental clinic in Europe to use this procedure, although the other eight branch clinics will be bringing this capability online.

-USN-

Headline: New baby center offers home-style comfort

By JO3 Jerome A. Pollos, National Naval Medical Center, Bethesda

BETHESDA, Md.--The Mother and Infant Care Center, a

new unit which sets the standard for childbirth labor, delivery and recovery care, opened April 14 at National Naval Medical Center Bethesda.

The design of the sixth floor, Bldg. 10 center, which features amenities to suit mother and baby as well as family members, features localized service during the entire post-childbirth process. A mother-to-be can be assessed, give birth, recover and be discharged all while staying in one room. For added convenience, a patient administration representative is at the Center Monday through Friday during normal working hours. After four years of construction, the Center now has 23 post-delivery rooms, three operating rooms, a fetal testing area and two control units. The new 25-bed new baby intensive care unit, with more space for equipment, staff and patients, also moved to the Center.

Additionally there is more privacy for the family with single-patient rooms, which resemble hotel suites. Fathers and other visitors are assured a restful evening in the rooms thanks to 24-hour visitation and pull-out sofa beds.

The rooms were designed with both comfort and functionality in mind. Medical equipment not in use is hidden from view, and the room is transformed from a delivery and recovery room to a comfortable every day room, complete with television, radio, walk-in showers with seats and even a window with a view.

Artwork on the walls is more than a pleasant distraction. When swung away from the wall, the art then reveals valves used during the labor and delivery. Woodwork around the bed serves as both storage areas for fetal monitors and cabinets for patients.

Security in the new surroundings is both high-tech and thorough. Newborns will be fitted with wristbands that activate the Center's alarm system. Eleven video cameras stand watch over the center, and hospital staff controls admittance of visitors.

"After future parents see the new Center, they often ask me if they can be seen here," said LCDR Shauneen Miranda, NC, senior nurse manager at the Mother and Infant Care Center.

It is open to all military personnel in the area. Prospective moms are urged to establish a local medical history by registering with the center at the beginning of their pregnancies.

-USN-

Headline: Tri-service laboratory studies effects of directed energy

By Doris Ryan, Naval Medical Research and Development Command

BETHESDA, Md.--A new tri-service \$6.5 million laboratory opened this month to study the effects of directed energy. The facility, dedicated at Brooks Air Force Base San Antonio, Tx., is used by Navy, Army and Air Force scientists to understand the effects of lasers and other directed energy systems. The laboratory, which houses some of the world's most powerful directed energy sources, was dedicated to the late Frank Tejeda, former Marine and Congressman. The Congressman served valiantly in Vietnam earning the Silver Star and the Purple Heart, among other decorations. His Vietnam experiences led him to support a strong national defense and the military medical research that supports and protects deployed Marines, Sailors, Soldiers and Airmen.

Sailors and Marines encounter a variety of directed energy emitting devices such as radar and communication, target acquisition and electronic warfare systems. Lasers are used in military range finders and target designators. Microwave and laser technologies are potential directed energy weapons on the battlefield.

The research military and civilian scientists conduct at the new facility helps to establish safe exposure environments, develops exposure standards, and evaluates potential hazards so protection programs can be developed.

For more information on the Navy's biomedical research efforts visit the Detachment's web site at <http://www.brooks.af.mil/NMRI/nmri.htm> or the Naval Medical Research and Development Command homepage at <http://www.dmsomil/NMRDC/>.

-USN-

Headline: Biological warfare and terrorism medical awareness training broadcast  
From U.S. Army Medical Research Institute of Infectious Diseases

FT. DETRICK, Md.--An interactive training broadcast about medical response to biological warfare and terrorism will be presented Sept. 22, 23 and 24 from 12:30 a.m. to 4:30 p.m., Eastern Standard Time (EST). A taped rebroadcast will be aired Oct. 3 & 4 from 11:30 a.m. to 5:30 p.m. EST.

The U.S. Army Medical Research Institute of Infectious Diseases, the Centers for Disease Control and Prevention and other institutions sponsor the program. It is intended to educate health care professionals about the medical response in the event of an intentional biological attack. Commands who are interested in participating should call Darren Gerlach at (DSN) 343-7515 or (301) 619-7515 for more information and to register.

## Headline: TRICARE question and answer

Question: Why let profit-making civilian companies become involved in our health care?

Answer: The Department of Defense remains in charge of the health care system. Civilian health care organizations are hired to do specific functions to expand and supplement the capabilities of the military hospitals and clinics in each TRICARE region. In addition to providing health care services, central appointments and enrollment functions are also contracted to improve service to customers. TRICARE contracts are carefully designed so that the contractor's financial incentives help you rather than hurt you, because any savings are shared between the military and the managed care support contractor.

-USN-

## Headline: Healthwatch: Maintaining a healthy lifestyle By Andrea Andrasi, Registered Dietician, Naval Supply Systems Command

MECHANICSBURG, Pa.--With little planning, maintaining a healthy life style is possible. The following U.S. Dietary Guidelines set the framework for a healthy lifestyle:

- Eat a variety of foods.
- Balance the food you eat with physical activity
- Maintain or improve your weight.
- Choose a diet with plenty of vegetables, fruits and grain products.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Choose a diet moderate in sugars.
- Choose a diet moderate in salt and sodium.
- If you drink alcoholic beverages, do so in moderation.

Balancing calories consumed with calories expended is challenging especially when on sea duty. You may need to alter your eating patterns to coincide with changes in physical activity. Often, due to increased work demands, there is less free time. The availability of equipment and space may also alter your workout routine.

If you are unable to maintain your level of physical activity, you may need to decrease the amount of calories you consume. This does not necessarily mean eating less, but eating smarter. Use the food guide pyramid and nutritional labeling to determine your meal plan.

To decrease calories, without decreasing quantity

of food, limit foods high in fat and foods with no nutrient value. Tips for decreasing the fat in your diet include:

- avoid fried or breaded foods.
  - eat lean cuts of meat (remove poultry skin).
    - avoid added fat (margarine on vegetables and starches, gravy/sauce on meat and vegetables).
    - use low fat products (skim milk, low fat cheese, fat free yogurt, reduced fat salad dressing/mayonnaise).
    - consume skim milk, 100% juice, water or diet beverages in place of regular sweetened beverages.
- Learn to be flexible. When consumed in moderation most foods will fit into a healthy diet. Balance your diet by planning. You know what foods you like, be sensible.

-USN-

Comments about and ideas for MEDNEWS are welcome. Story submissions are encouraged. Contact MEDNEWS editor, Earl Hicks, at email: mednews@us.med.navy.mil; Telephone 202/762-3223, (DSN) 762-3223, or fax 202/762-3224.

-USN-

-USN-